High Frequency 101 – Notes and References

Introduction:

Shortwave Listening
Kinds of Signals
What You can Hear and Do

References:	ARRL	www.arrl.org
	WA State ARES	www.wastateares.org
	WA Salmon Run	www.wwdxc.org

Meters and Megahertz – The High Frequency Bands

Frequency and Wavelength
The High Frequency Bands
Principles of Radio Wave Propagation

References:	ARRL	www.arrl.org
	K9LA	http://mysite.ncnetwork.net/k9la
	NCDXF Beacons	www.ncdxf.org/beacons.html

Assembling a Station

What Do You Want to Do?
Power Sources
Radios
Accessories

References:	ARRL	www.arrl.org
	Ham Radio Outlet	www.hamradio.com
	Radio Descriptions	www.rigpix.com
	Reviews:	www.eham.com
	Kits	www.qrpkits.com
	Flex Radio	www.flex-radio.com
	Softrock	www.kb9yig.com
	Rocky Software	www.dxatlas.com

Antennas:

Antenna Wire and Insulators
Feedlines
Antenna Tuners
Half-Wave Dipole and Quarter-Wave Vertical
Compromise Antennas
Accessories and Tools

References:	ARRL Tech Info	www.arrl.org/tis/
	The Wireman	www.thewireman.com

For More Information:

Amateur Radio Clubs
Books and Magazines
The Internet

References:	ARRL	www.arrl.org
	CQ Publishing	www.cq-amateur-radio.com

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High Frequency 101 – Meters and Megahertz

Low Bands:

160 Meters (1.800 to 2.000 MHz)

80 and 75 Meters (3.500 to 4.000 MHz)

60 Meters (5.3305, 5.3465, 5.3665, 5.371.5, 5.4035 MHz)

40 Meters (7.000 to 7.300 MHz)

Local coverage during daylight (NVIS propagation), continental to worldwide coverage during darkness, best with quiet geomagnetic activity, regional “chat” and Nets on 75 Meter SSB. Washington State Emergency Net on 3.985 MHz.

Mid Bands

30 Meters (10.100 to 10.150 MHz)

20 Meters (14.000 to 14.350 MHz)

17 Meters (18.068 to 18.168 MHz)

North America to worldwide coverage during daylight, 20 Meters is the most popular and crowded band, best with improving sunspot activity.

High Bands

15 Meters (21.000 to 21.450 MHz)

12 Meters (24.890 to 24.990 MHz)

10 Meters (28.000 to 29.700 MHz)

North America to worldwide coverage during daylight, best with high sunspot activity, Novice and Technician SSB allocation on 10 Meters (28.300 to 28.500 MHz). Sporadic-E propagation occurs on 10 Meters April to August.

VHF

6 Meters (50.000 to 54.000 MHz)

Local coverage, with regional and sometimes greater coverage during Sporadic-E propagation (April to August), may open for international contacts during highest sunspot activity. Meteor Scatter and Moonbounce communications take place on this band. Technician Class licensees have full privileges. 50.125 MHz is the “calling frequency”.

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